

1131/030/012

1972

1A

1131-30

# CEREALS



**WHEAT OATS BARLEY**

*and their Uses*

Prepared by the Consumer Section

Marketing Service

DOMINION DEPARTMENT OF AGRICULTURE  
OTTAWA

Honourable JAMES G. GARDINER, Minister

# WHEAT

# OATS

# BARLEY

*Home Produced*

*Readily Available*

*Nutritious*

*Economical*

While cereals are primarily energy foods, they do contain, in varying amounts, most of the basic nutrients. Whole grain cereals are those from which little or nothing is removed in processing. They are higher in mineral and vitamin content than refined cereals. Some ready-to-serve cereals are in the whole grain class.

## **WHAT THEY SUPPLY . . .**

Carbohydrates. Cereals contain a high percentage of starch which makes them one of the best energy foods.

Protein. . . . . Cereals furnish a fair amount of protein which is valuable in supplementing the animal protein of meat, fish, eggs, milk and cheese.

Minerals. . . . . Whole grain cereals are an important source of phosphorus and iron which are found chiefly in the bran layers and the germ. Cereals also contain varying small amounts of calcium.

Vitamins. . . . . Thiamin (B1) is found in appreciable amounts in the germ and bran layers of cereals. Significant amounts of riboflavin, niacin and other less known B vitamins are also present in most cereals. As in the case of minerals, a high proportion of the vitamins is lost when cereals are refined.

Fat. . . . . Cereals contain only small amounts of fat, most of which is in the germ.

## **BUYING AND STORING CEREALS**

In hot weather, it is wise to buy cereals, particularly whole grains, in small quantities. The cereals should be examined frequently to make sure they are in good condition.

All cereals should be kept tightly covered in a cool, dry place, protected against insects and vermin. Glass sealers are excellent for storing bulk cereals. Store packaged cereals, tightly covered, in their own containers.

To prevent the development of weevils from eggs laid in the raw cereals, heat the cereal in a warm oven (not higher than 200°F.) for about an hour.

If stored for any length of time, whole grain flours and meals containing germ and any prepared flours containing fat should be kept in a cold, dark place to prevent rancidity.

*Statements re nutritional values of cereals checked by Nutrition Services, Department of Pensions and National Health, Ottawa.*



## ● FOR BREAKFAST

"Some like it hot, some like it cold" . . .

As porridge or as a prepared breakfast food, cereals form the mainstay of most Canadian breakfasts. To avoid monotony, vary the cereal served—there are endless possibilities.

### TO COOK CEREALS :

1. Start cooking cereals in top of double boiler over direct heat. To prevent boiling over, lightly grease upper 2 inches of saucepan in which cereals are cooked.
2. Sprinkle cereal gradually into the boiling, salted water, stirring constantly to prevent lumping. Keep water boiling to prevent cereal becoming sticky.
3. Boil 3 to 5 minutes. Finish cooking over boiling water.

### TIME TABLE FOR COOKING CEREALS

	CEREAL	WATER	SALT	TIME		YIELD
	(cup)	(cup)	tea-spoon)	Direct Heat	Double plus Boiler	(cups)
Rolled Oats..... (regular)	1	3	$\frac{3}{4}$	5 min.	1 hour	$2\frac{2}{3}$
Rolled Oats..... (quick-cooking)	1	3	$\frac{3}{4}$	3 min.	10 min.	$2\frac{3}{4}$
Farina..... (wheatlets or semolina)	1	6	$1\frac{1}{2}$	5 min.	30 min.	$5\frac{1}{2}$
Oatmeal.....	1	4	$1\frac{1}{4}$	3 min.	1 hour	4
Cracked Wheat.	1	$4\frac{1}{2}$	1	5 min.	2 hours	4
Rolled or Flaked Wheat.....	1	3	$\frac{3}{4}$	5 min.	1 hour	3
Macaroni or Spaghetti.....	1	4	1	15 to 20 min.		2
Noodles.....	1	4	1	15 min.		2

When combining two or more cereals, allow time for cereal requiring longest cooking.

In cooking packaged cereals, follow manufacturers' directions. In some cases, increasing the time recommended may be desirable.

Two tablespoons wheat germ per cup of uncooked cereal may be added to the cereal just before completion of cooking.

One to three teaspoons flax seed or  $\frac{1}{4}$  to  $\frac{1}{3}$  cup bran may be added to 1 cup of uncooked cereal. Both may be added, if desired.

Cereals may be cooked the day before, covered closely and not stirred while being reheated. To prevent the skin forming, cover with a thin layer of cold water.

Macaroni, spaghetti, vermicelli and noodles should be cooked in rapidly boiling water until just tender, then drained and rinsed in cold water to separate the pieces.

## ● IN SOUPS

### SOUP STOCK

2 lb. beef (soup bones, shank, neck or ribs)	$\frac{1}{4}$ cup chopped celery, stalk or leaves
1 tablespoon fat	1 tablespoon salt
2 quarts cold water	3 whole cloves
1 large onion	1 bay leaf
$\frac{1}{4}$ teaspoon thyme, savoury or sweet marjoram	

Brown meat lightly in fat. Add cold water, cover and simmer  $1\frac{1}{2}$  hours. Add vegetables and seasonings and cook 1 hour longer. Strain, cool and remove fat before using. Yield: 8 cups.

Note: For Vermicelli Soup, bring stock to boiling point. Add  $\frac{1}{2}$  teaspoon salt and  $\frac{1}{2}$  cup vermicelli. Cover and boil gently for 20 minutes.

### VEGETABLE SOUP

8 cups soup stock	$\frac{1}{4}$ cup chopped celery leaves
1 cup cubed carrots	$\frac{1}{4}$ cup rolled oats or pot barley
$\frac{1}{4}$ cup chopped onion	

Add vegetables to stock. Bring to boiling point, then slowly add rolled oats or barley. Cover tightly and simmer until vegetables are tender... about 40 minutes. Yield: 8 cups.

### GOLDEN SOUP

1 tablespoon fat	2 tablespoons chopped onion
3 tablespoons farina	3 cups milk
1 teaspoon salt	Dash of pepper
3 cups water or stock	1 tablespoon chopped parsley
3 cups grated raw carrot	

Melt fat in pan, stir in farina and cook 1 minute. Gradually add salted water or stock and cook slowly until thickened, stirring frequently. Add grated carrot and onion and cook until tender, about 20 minutes. Rub mixture through a sieve and add to hot milk. Season with pepper and parsley. Yield: 6 cups.

### VEGETABLE SOUP (without stock)

2 small slices salt pork	1 cup tomato juice or canned tomatoes
1 small onion	1 cup diced carrot
2 tablespoons browned flour	$\frac{1}{4}$ cup pot barley
2 cups shredded cabbage	2 quarts hot water
1 cup diced potato	Salt and pepper
$\frac{1}{4}$ cup diced turnip	

Cut salt pork in cubes and cook slowly to extract fat. Add finely chopped onion and brown lightly. Sprinkle with browned flour and blend well. Add prepared vegetables, barley, water and seasonings. Cover and cook slowly for 1 to  $1\frac{1}{2}$  hours. Yield: about 12 cups.



## ● IN MAIN DISHES

### ROLLED OAT MEAT LOAF

$\frac{1}{2}$ pound pork liver	$\frac{1}{8}$ teaspoon pepper
$\frac{3}{4}$ pound ground beef, veal or pork	1 egg
2 tablespoons chopped onion	$\frac{1}{3}$ cup catsup
2 teaspoons salt	1 cup water
	$1\frac{1}{4}$ cups rolled oats

Scald liver in boiling water, drain and grind. Mix all ingredients together thoroughly and pack in greased loaf tin,  $4\frac{1}{2}''$  x  $10''$ . Bake in a moderate oven,  $350^{\circ}\text{F}$ . 1 hour. Slice and serve hot or cold. Yield: 12 servings.

If lean meat is used, add 2 tablespoons melted fat to ingredients.

### TOMATO WEINER SCALLOP

$\frac{1}{4}$ cup minced onion	1 cup rolled oats
$2\frac{1}{2}$ cups tomato juice or milk	2 cups finely diced potatoes
1 teaspoon sugar	6 weiners
$1\frac{1}{2}$ teaspoons salt	1 tablespoon fat
$\frac{1}{4}$ teaspoon pepper	
$\frac{1}{2}$ teaspoon prepared mustard	

Combine onion, tomato juice, sugar, salt, pepper, mustard and rolled oats. Place  $\frac{1}{3}$  of the potatoes in a shallow greased baking dish; cover with  $\frac{1}{3}$  of the tomato mixture and repeat until all of tomato mixture and potatoes are used. Brush weiners with melted fat and a little prepared mustard and place on top. Bake covered, in a moderate oven,  $350^{\circ}\text{F}$ . until potatoes are cooked, removing cover for last 15 minutes to brown weiners. Yield: 6 servings.

### OAT CHEESE CROQUETTES

$1\frac{1}{3}$ cups rolled oats	1 teaspoon grated onion
$1\frac{2}{3}$ cups boiling water	Few grains pepper
$\frac{3}{4}$ teaspoon salt	2 chopped, hard-cooked eggs
$\frac{1}{2}$ cup grated cheese	$\frac{1}{3}$ cup dry bread crumbs or oatmeal
1 teaspoon chopped parsley	

Gradually stir rolled oats into boiling, salted water, stirring constantly for about 5 minutes. Add cheese and stir until melted. Remove from heat and beat thoroughly until very smooth. Add chopped parsley, onion, pepper and eggs. Chill mixture 1 hour. Shape into round flat patties, roll in dry bread crumbs or oatmeal and pan-fry until nicely browned on both sides. Serve hot with sauce or relish. Yield: 6 servings.

### MULLIGAN

8 oz. macaroni (2 cups, $1''$ pieces)	2 cups tomato juice
$\frac{1}{4}$ lb. ground pork	1 tablespoon chopped parsley
$\frac{3}{4}$ lb. ground beef	2 teaspoons salt
4 tablespoons chopped onion	$\frac{1}{8}$ teaspoon pepper

Parboil macaroni in boiling, salted water for 5 minutes and drain. Brown ground pork. Add onion, then ground beef and stir until mixture is browned. Add macaroni, tomato juice and parsley. Season with salt and pepper. Cook slowly for 25 to 30 minutes. Yield: 8 servings.

## ● IN MAIN DISHES

### SAVOURY SPAGHETTI

✓  $\frac{3}{4}$  pound liver  
 $\frac{1}{4}$  cup chopped onion  
2 tablespoons fat  
1 teaspoon salt  
Dash of pepper

1 tablespoon chopped  
parsley  
2 cups tomato juice  
8 oz. spaghetti  
 $\frac{1}{4}$  cup grated cheese

Scald liver in boiling water 5 minutes. Drain and grind. Brown onion in fat. Add liver and seasonings and cook slowly 10 minutes. Add tomato juice, simmer 20 minutes. If mixture becomes too thick during cooking, thin with a little water. Meanwhile cook spaghetti in boiling, salted water until tender. (see time table, page 3). Drain and rinse in cold water. Pile spaghetti on a deep platter. Pour tomato mixture over it and sprinkle with grated cheese. Yield: 6 servings.

### NOODLE AND SAUSAGE CASSEROLE

2 $\frac{1}{2}$  cups broad noodles or  
macaroni, broken in  
2-inch pieces  
2 eggs  
1 cup milk

$\frac{1}{2}$  teaspoon salt  
1 cup grated cheese  
6 large panfried sausages,  
cut in pieces

Cook noodles in boiling, salted water until tender (see time table, page 3). Drain noodles and rinse with cold water. Beat eggs until light, add milk and salt. Add this mixture to noodles and blend in cheese, reserving a little for topping. Place half of the noodle mixture in a well-greased baking dish. Cover with sausages and top with noodle mixture. Sprinkle with remaining cheese. Place in pan of hot water and oven-poach in a moderate oven, 350°F., until set... about 1 hour. Yield: 6 servings. Diced bologna or weiners may be used instead of sausage.

### NOODLE RING WITH VEGETABLES

4 ounces broad noodles  
2 eggs  
1 cup milk  
 $\frac{1}{2}$  teaspoon salt

Dash of pepper  
2 tablespoons chopped  
parsley

Cook and drain noodles. Beat egg yolks until thick and light, add milk, noodles and seasonings; fold in stiffly beaten egg whites. Turn into a well greased ring mould, place in a pan of hot water and ovenpoach in a moderate oven, 350°F., until set, about 1 hour. Turn out on a serving dish and fill centre with well-seasoned creamed vegetables. Yield: 6 servings.

Note: A ring mould may be improvised by setting a small bowl in a casserole or baking dish.

### SAVOURY STUFFING FOR FOWL

1 cup rolled oats  
4 cups soft bread crumbs  
 $\frac{1}{2}$  cup chopped onion  
1 teaspoon salt  
 $\frac{1}{4}$  teaspoon pepper

1 $\frac{1}{2}$  teaspoons poultry sea-  
soning  
 $\frac{1}{3}$  cup fat, melted  
 $\frac{1}{3}$  cup water

Place rolled oats and bread crumbs in bowl. Add onion, seasonings, melted fat and water. Blend thoroughly. Yield: 5 $\frac{1}{2}$  cups. Will stuff a five to six-pound chicken.



## ● IN MUFFINS AND HOT BREADS

### HONEY BRAN MUFFINS

- |                                  |  |
|----------------------------------|--|
| 1½ cups sifted all-purpose flour | ¼ cup honey                              |
| 3 teaspoons baking powder        | 1 egg                                    |
| ¾ teaspoon baking soda           | 1¼ cups sour milk or buttermilk          |
| ¾ teaspoon salt                  | 2 tablespoons mild flavoured fat, melted |
| 1½ cups cooking bran             |  |

Sift flour, baking powder, baking soda and salt. Add bran, mixing thoroughly. Mix honey, well-beaten egg and sour milk and add with melted fat to the dry ingredients, mixing quickly and lightly. Turn into well greased muffin pans, filling them  $\frac{2}{3}$  full, and bake in a hot oven, 400°F., for 20 to 25 minutes. Yield: 1 dozen medium-sized muffins.

### WHOLE WHEAT ORANGE BREAD

- |  |                                  |
|--|----------------------------------|
| Skins from 2 oranges                     | 1¼ cups whole wheat flour        |
| ½ cup sugar                              | 1¼ cups sifted all-purpose flour |
| ½ cup water                              | ½ teaspoon salt                  |
| 1 egg                                    | 5 teaspoons baking powder        |
| 1 cup milk                               |                                  |
| 2 tablespoons mild flavoured fat, melted |                                  |

Remove white, pithy portion and shred orange skins finely or put through food grinder, using fine blade. Cook rind, sugar and water together for 15 minutes. Let cool. Beat eggs, combine with milk and slightly cooled fat. Mix dry ingredients and add half to egg and milk mixture, then add orange mixture and remaining dry ingredients, quickly, stirring only until well mixed. Bake in greased loaf pan, 4½" x 10", in a moderate oven, 350°F., about 45 minutes.

### QUICK WHOLE WHEAT COFFEE CAKE

- |                                |                          |
|--------------------------------|--------------------------|
| 1 cup whole wheat flour        | 3 tablespoons sugar      |
| 1 cup sifted all-purpose flour | ⅓ cup mild flavoured fat |
| 4 teaspoons baking powder      | 1 egg                    |
| ½ teaspoon salt                | ¾ cup milk               |

Mix dry ingredients, cut in fat until mixture resembles fine oatmeal. Beat egg, combine with milk, and add liquid to dry ingredients, mixing quickly. Spread immediately into an 8" x 8" pan, sprinkle Cinnamon Topping on batter. Bake in a moderately hot oven, 375°F., for 35 minutes.

#### Cinnamon Topping

- |                     |                                   |
|---------------------|-----------------------------------|
| ¼ cup brown sugar   | 1 teaspoon cinnamon               |
| 2 tablespoons flour | 1½ tablespoons mild flavoured fat |

Cut fat into other ingredients until mixture is crumbly.

### APPLE BREAD

- |                                 |  |
|---------------------------------|--|
| 2 cups sifted all-purpose flour | ½ cup sugar                                      |
| ¼ teaspoon salt                 | 1 cup ground or finely grated unpeeled raw apple |
| 1 teaspoon baking soda          | ½ cup wheat germ                                 |
| 1 teaspoon baking powder        | ¼ cup sour milk                                  |
| ⅓ cup mild flavoured fat        |  |

Sift dry ingredients. Cream fat, add sugar and cream well together. Add apple and wheat germ. Add dry ingredients alternately with sour milk. Bake in a greased loaf pan, 4½" x 10", in a moderate oven, 350°F., for about 45 minutes.

## ● IN DESSERTS

### ROLLED OAT BATTER PUDDING

4 medium apples	$\frac{1}{2}$ cup sifted all-purpose flour
2 tablespoons sugar	2 teaspoons baking powder
$\frac{1}{3}$ cup mild flavoured fat	$\frac{1}{4}$ teaspoon cinnamon
$\frac{1}{3}$ cup brown sugar	$\frac{1}{4}$ teaspoon salt
1 egg	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ teaspoon vanilla	
$\frac{1}{2}$ cup rolled oats	

Peel, core, and slice apples. Place in a greased baking dish and sprinkle with sugar. Cream fat, add sugar and cream well together. Add beaten egg and vanilla. Beat well. Mix dry ingredients and add alternately with milk to creamed mixture. Pour over apples and bake in a moderate oven, 350°F., for 40 minutes. Yield: 6 servings.

Note : Other sweetened, fresh or drained canned fruit may be used instead of apples.

### SPICY OAT RAISIN PUDDING

1 cup sifted all-purpose flour	$\frac{3}{4}$ cup raisins
$\frac{1}{2}$ cup sugar	1 teaspoon vanilla
$\frac{3}{4}$ teaspoon salt	1 cup sour milk OR buttermilk
1 teaspoon baking soda	3 tablespoons mild flavoured fat, melted
1 teaspoon cinnamon	
1 cup rolled oats OR $\frac{3}{4}$ cup oatmeal	

Sift flour, sugar, salt, baking soda and cinnamon together. Add rolled oats or oatmeal and raisins. Add vanilla to sour milk or buttermilk and add with melted fat to dry ingredients. Pour into well-greased pudding dish, cover tightly and steam 1 hour and 15 minutes. Yield: 8 servings.

### APPLE BARLEY PUDDING

$\frac{1}{3}$ cup pearl barley	$1\frac{1}{2}$ cups warm milk
4 cups boiling water	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{3}$ teaspoon salt	2 cups sliced apples
2 eggs	2 tablespoons brown sugar
$\frac{1}{4}$ cup sugar	

Cook barley in rapidly boiling, salted water until tender and practically all the water has been absorbed, 40 minutes or longer. Mix beaten egg yolks, sugar and milk and add to barley; add vanilla and fold in stiffly beaten egg whites. Spread apples in bottom of a lightly greased baking dish, sprinkle with brown sugar. Cover with barley mixture, place in a pan of hot water and oven-poach in a moderate oven, 350°F., for 30 minutes or until apples are tender. Serve hot. Yield: 6 servings.

### FRUIT CRUMBLE

4 cups sliced apples or other fruit	$\frac{1}{4}$ cup brown sugar
2 to 3 tablespoons sugar	$\frac{1}{4}$ cup sifted all-purpose flour
2 tablespoons mild flavoured fat	$\frac{3}{4}$ cup quick-cooking rolled oats

Place fruit in greased baking dish and sprinkle with sugar. Cream fat, add brown sugar and cream well together. Blend in flour and rolled oats and sprinkle mixture on top of fruit. Bake in moderately hot oven, 375°F., until fruit is soft and top is golden brown . . . about 40 minutes. Yield: 6 servings.

### PUDDING DELIGHT

$\frac{3}{4}$ cup milk	3 tablespoons sugar
1 egg	$\frac{1}{8}$ teaspoon salt
$\frac{1}{4}$ cup molasses	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{2}$ cup raisins	$\frac{1}{4}$ teaspoon nutmeg
2 cups cooked cracked wheat	

Mix ingredients together. Bake in a moderate oven, 350°F., for 25 to 30 minutes, or until pudding is set. Serve with top milk. Yield: 6 servings.



## ● IN COOKIES

### MOLASSES RAISIN BARS

- |                                      |  |
|--------------------------------------|--|
| $\frac{1}{4}$ cup mild flavoured fat | $\frac{1}{4}$ teaspoon baking soda     |
| $\frac{1}{2}$ cup sugar              | $1\frac{1}{2}$ teaspoons baking powder |
| 1 egg                                | $\frac{1}{4}$ teaspoon cinnamon        |
| $\frac{1}{4}$ cup molasses           | $\frac{1}{8}$ teaspoon nutmeg          |
| 2 cups whole wheat flour             | $\frac{1}{2}$ cup sweet milk           |
| $\frac{1}{4}$ teaspoon salt          | 1 cup chopped raisins                  |

Cream fat, add sugar and cream well together. Add beaten egg, blending well, then add molasses. Mix dry ingredients and add alternately with milk to first mixture. Add chopped raisins. Spread thinly in greased 15" x 10" shallow pan. Bake in a moderate oven, 350°F., for 20 to 25 minutes. Cut, while warm, in 3" x 1½" bars. Yield: 3 dozen bars.

### WHEAT GERM DROPS

- |  |                                 |
|--|---------------------------------|
| $\frac{1}{3}$ cup mild flavoured fat       | $\frac{1}{4}$ teaspoon salt     |
| $\frac{1}{2}$ cup sugar                    | $\frac{1}{2}$ teaspoon cinnamon |
| 1 egg                                      | $\frac{1}{4}$ cup milk          |
| $\frac{1}{2}$ teaspoon vanilla             | $\frac{1}{2}$ cup raisins       |
| $\frac{1}{2}$ cup sifted all-purpose flour | 1 cup oatmeal                   |
| $\frac{1}{2}$ teaspoon baking powder       | $\frac{1}{2}$ cup wheat germ    |

Cream fat, add sugar and cream well together. Add beaten egg and vanilla, blending well. Sift flour, baking powder, salt and cinnamon and add to creamed mixture alternately with milk. Add raisins, oatmeal and wheat germ. Drop from a teaspoon on a greased cookie sheet and bake in a moderately hot oven, 375°F., for 15 to 20 minutes. Yield: 3 dozen drop cookies.

### ROLLED OAT COOKIES

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| 1 cup sifted all-purpose flour     | $\frac{1}{2}$ cup brown sugar        |
| $\frac{1}{2}$ teaspoon baking soda | $1\frac{1}{2}$ cups rolled oats      |
| $\frac{1}{2}$ teaspoon cinnamon    | $\frac{1}{2}$ cup mild flavoured fat |
| $\frac{1}{4}$ teaspoon salt        | 1 egg                                |
|                                    | $\frac{1}{4}$ teaspoon vanilla       |

Sift flour, baking soda, cinnamon and salt. Add sugar and rolled oats, blending well. Cut in fat with pastry blender or two knives until mixture resembles fine bread-crumbs. Add beaten egg and vanilla and mix to a dough. Roll out to  $\frac{1}{8}$  inch thickness and cut with 2-inch cookie cutter. Place on ungreased cookie sheet and bake in a moderate oven, 350°F., for about 15 minutes. Yield: 3½ dozen cookies. This dough may be used as an ice-box cookie... formed into rolls, wrapped in waxed paper and chilled thoroughly before slicing and baking.

### COCOA SQUARES

- |                                      |                                |
|--------------------------------------|--------------------------------|
| $\frac{1}{2}$ cup mild flavoured fat | 1 cup sifted all-purpose flour |
| $\frac{3}{4}$ cup sugar              | $\frac{1}{2}$ cup cocoa        |
| 2 eggs                               | 1 teaspoon baking powder       |
| 1 teaspoon vanilla                   | $\frac{1}{2}$ teaspoon salt    |
| 1 cup cooked farina                  |                                |

Cream fat, add sugar and cream well together. Beat in eggs and vanilla. Add farina, and sifted dry ingredients. Spread thinly in a shallow, greased 10" x 12" pan. Bake in a slow oven, 325°F., for about 30 minutes. While still hot, cut into 1½-inch squares. Yield: 4½ dozen squares.

Level measurements are used in all recipes.

"All-purpose" and "pastry" flours should be sifted once before measuring.

Fine whole wheat flour should also be sifted and any bran remaining in sifter should be mixed back into flour before measuring. Whole wheat flour which is too coarse to sift should be stirred lightly with a fork before measuring to lighten the flour.

Vitamin B white flour (Canada Approved) may be used in place of "all-purpose" flour.

If "pastry" flour is used in place of "all-purpose" flour, 2 extra tablespoons per cup are required.

# WHAT THEY ARE

## WHEAT

**CRACKED WHEAT:** The whole grain cleaned, then cracked fairly coarsely.

**FLAKED OR ROLLED WHEAT:** The cleaned whole grain passed between heated rollers.

**FARINA, (wheatlets or semolina):**

Dark Farina: small granular particles formed during the process of milling clean wheat into whole wheat flour.

Light Farina: small granular particles formed during the process of milling clean wheat into white flour.

**WHEAT GERM:** The germ of the wheat berry. Some germ is sold with added bran while some is pasteurized and some defatted for better keeping qualities.

**BRAN:** The ground husk or outer coat of wheat separated out in the process of flour milling.

### **FLOURS:**

**Vitamin B Whole Wheat Flour (Canada Approved):** Contains not less than 95% by weight of the whole wheat from which it is milled. One pound of dry flour must contain 625 International Units of Vitamin B1.

**Graham:** The cleaned whole grain or wheat milled into flour with or without the addition of white flour (above standard does not apply).

### **White Flour:**

**Vitamin B White Flour (Canada Approved):** is white flour in which a high proportion of the vitamins naturally occurring in the original wheat berry is retained in the process of milling. One pound of dry flour must contain 400 International Units of Vitamin B1.

**Bread or All-purpose Flour:** made from hard, spring wheat, cleaned, hulled and refined with outer layers and germ removed in milling.

**Pastry Flour :** made from soft, fall wheat, processed similarly to bread flour.

**Cake Flour :** similar to pastry flour but more finely milled.

Any flour which has uninjurious ingredients added to it for modifying the colour or baking qualities must be labelled, "This flour contains improvers".

**Macaroni products :** alimentary pastes made from hard wheat flour, mixed with water, then molded and dried. Macaroni is usually made in tube form. Spaghetti and vermicelli are similar to macaroni but smaller in size and without holes. Noodles are usually flat or ribbonlike, varying in width. If an alimentary paste is sold as a product containing egg, it must contain 5.5% solids of egg or egg yolk.

## OATS

### **ROLLED OATS:**

**Regular:** The whole grain, cleaned, dehulled, then passed between heated rollers.

**Quick-cooking:** Similar process used but the grain is cut in pieces before rolling.

**OATMEAL:** Meal made from cleaned and hulled oats.

## BARLEY

**POT:** The cleaned whole grain with only the outer husk removed.

**PEARL:** The cleaned grain with husk and most of the branny layers removed.